

Navy Exchange to step in after commissary closure

Point Mugu store adding hundreds of the commissary's most popular line items

By Kim Upshaw

Lighthouse Staff

With time running short for the Naval Base Ventura County (NBVC) Point Mugu Commissary, the Navy Exchange Command (NEXCOM) began making changes to its Point Mugu location in an effort to help ease the transition after the store locks its doors for the final time on Sept. 28.

In March 2002, the Defense Commissary Agency (DeCA), the group that operates more than 300 commissaries worldwide, surprised everyone aboard NBVC with the announcement of the commissary closure originally scheduled for May 31. While two other commissaries scheduled to close on the same date were closed on time, DeCA opted to extend the closure of Point Mugu until the end of September.

"We wanted to give NEXCOM the time they needed to increase their stock assortment to make it more convenient for the service members and the families who live on Point Mugu," said Nancy O'Neill, public affairs officer for DeCA. The extension has not only allowed NEXCOM the chance to increase its stock, but also gave them the time they needed to renovate and make their Point Mugu location larger to accommodate more of the everyday items that shoppers were buying at the commissary.

"We are doing what we can to add merchandise to our Mugu store to help offset the commissary closure," said NBVC's NEX General Manager Sante Campanile. "We view it as a quality of life issue."

O'Neill also explains that when the new, larger commissary was built on Port Hueneme just five years ago, it was intended to replace both the old Port Hueneme commissary

and the Point Mugu commissary. The old Port Hueneme commissary did close on schedule in March of 1997, but it was decided to keep the Point Mugu store open until now.

In order to make shopping at the Port Hueneme commissary more convenient for all NBVC residents, upon the closure of the Point Mugu location, the Port Hueneme store will extend its operating days and hours. According to Wilson Hayes, store director for the Port Hueneme Commissary, as of Sept. 30, the commissary will be open seven days a week and staying open later in the day Tuesday through Friday, allowing for an eleven-hour gain in operating hours.

While DeCA is working hard to make shopping easier on those hit hardest by the commissary closure, NEXCOM is going above and beyond by not only adding stock, but by spending approximately \$150,000 on renovations that were unplanned for the store, which just went through a major renovation less than a year ago.

The NEX will not shut down during the renovations, which have been underway for about three weeks.

The changes include an expanded frozen foods and refrigeration section, the addition of a small produce area, and the expansion of non-perishable foods such as canned goods and boxed meals.

"Merchandise assortments will be expanded and evolve as we analyze and respond to sales data. This process will be an ongoing part of our effort to offer our customers the

product selection they want," said Campanile, "We may not be exactly on target right out of the gate. We welcome and benefit from customer comments and suggestions."

Annette Draper, Hardlines Divisional Manager at Port Hueneme, agrees with Campanile, "We really intend to listen to all of the comments from our patrons," she said. "It is our hope that people will take the time to let us know how we are doing."



J01 Alex Carfrae

Fay Fernandez, an employee of the Navy Exchange Command's West Coast facilities team, puts a coat of primer on an entryway in the new section of Point Mugu's Exchange.

SECNAV announces new amphibious ship USS New York

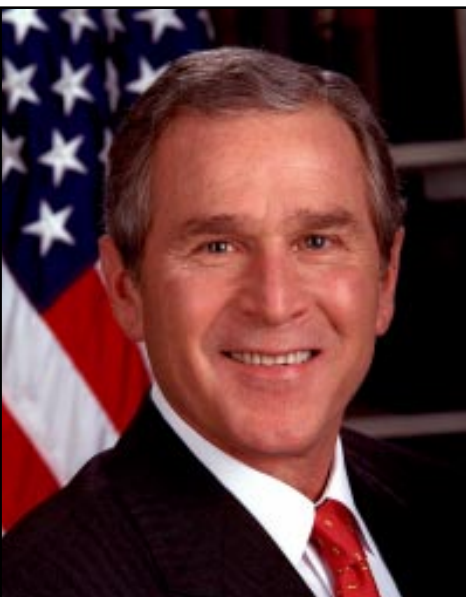
WASHINGTON (NNS) — At a ceremony held Sept. 7 aboard the Intrepid Sea, Air and Space Museum in New York Harbor, Secretary of the Navy Gordon England announced the fifth ship of the San Antonio class Amphibious Transport Dock ships will be named 'New York.'

The decision was made to honor the state, the city and the victims of the Sept. 11 terrorist attacks. The Secretary was joined by New York Gov. George Pataki and many other leaders from the city and state of New York at the ceremony.

During the event, England made mention of the longstanding relationship between the U.S. Navy and people of New York.

"USS New York will project American power to the far corners of the earth and support the cause of freedom well into the 21st century," England said. "From the war for independence through the war on terrorism, which we wage today, the courage and heroism of the people of New York have been an inspiration."

Patriot Day 2002 — A Proclamation



President George W. Bush

WASHINGTON (NNS) — The following is the Patriot Day, 2002 Proclamation by the President of the United States of America

-- A Proclamation --

On this first observance of Patriot Day, we remember and honor those who perished in the terrorist attacks of September 11, 2001.

We will not forget the events of that terrible morning nor will we forget how Americans responded in New York City, at the Pentagon, and in the skies over Pennsylvania — with heroism and selflessness; with compassion and courage; and with prayer and hope. We will always remember our collective obligation to ensure that justice is done, that freedom prevails, and that the principles upon which our Nation was founded endure.

Inspired by the heroic sacrifices of our firefighters, rescue and law enforcement personnel, military service members, and other citizens, our Nation found unity, focus, and strength. We found healing in the national outpouring of compassion for those lost, as tens of millions of Americans participated in moments of silence, candlelight vigils, and religious services. From the tragedy of September 11 emerged a stronger Nation, renewed by a spirit of national pride and a true love of country.

We are a people dedicated to the triumph of freedom and democracy over evil and tyranny. The heroic stories of the first responders who gave their all to save others strengthened our resolve. And our Armed Forces have pursued the war against terrorism in Afghanistan and elsewhere with valor and skill.

Together with our coalition partners, they have achieved success.

Americans also have fought back against terror by choosing to overcome evil with good. By loving their neighbors as they would like to be loved, countless citizens have answered the call to help others. They have contributed to relief efforts, improved homeland security in their communities, and volunteered their time to aid those in need. This spirit of service continues to grow as thousands have joined the newly established USA Freedom Corps, committing themselves to changing America one heart at a time through the momentum of millions of acts of decency and kindness.

Those whom we lost last September 11 will forever hold a cherished place in our hearts and in the history of our Nation. As we mark the first anniversary of that tragic day, we remember their sacrifice; and we commit ourselves to honoring their memory by pursuing peace and justice in the world and security at home. By a joint resolution approved December 18, 2001 (Public Law 107-89), the Congress has authorized and requested the President to designate September 11 of

each year as "Patriot Day."

NOW, THEREFORE, I, GEORGE W. BUSH, President of the United States of America, do hereby proclaim September 11, 2002, as Patriot Day. I call upon the people of the United States to observe this day with appropriate ceremonies and activities, including remembrance services and candlelight vigils. I also call upon the Governors of the United States and the Commonwealth of Puerto Rico, as well as appropriate officials of all units of government, to direct that the flag be flown at half-staff on Patriot Day. Further, I encourage all Americans to display the flag at half-staff from their homes on that day and to observe a moment of silence beginning at 8:46 a.m. eastern daylight time, or another appropriate commemorative time, to honor the innocent victims who lost their lives as a result of the terrorist attacks of September 11, 2001.

IN WITNESS WHEREOF, I have hereunto set my hand this fourth day of September, in the year of our Lord two thousand two, and of the Independence of the United States of America the two hundred and twenty-seventh.

GEORGE W. BUSH

The Lighthouse

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Those selectees will wash anything



Kim Upshaw

Apun, a Samoyed, gets a scrubdown from chief petty officer selectees Michelle Osborne of VR-55, left, Terrance McCray, NAMTRA, center and Lee Jamison, NBVC, right. The selectees at Naval Base Ventura County recently held a car wash and mistakenly used the slogan, "We'll wash anything." The selectees hold a fundraiser car wash every Wednesday and Saturday at the Point Mugu Station Theater.

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If you should ask me...

How have the events of Sept. 11, 2001 changed you?



"I appreciate what I do for the Navy more."

AS3 Andrew Grooms, AIMD Pt. Mugu

"I'm more aware of my surroundings."



Robert Kolesnik, NAVAIR



"I keep a better eye on world events now. I watch the news a lot more."

AC2 Tracy Baughn, NBVC

"It makes me proud of the job I do for the Navy: helping to honor the dead."



Arlene Kreps, NBVC



"I have a new-found respect for the people that wear a military uniform."

Ashley Ayala, Navy Exchange Pt. Mugu

Community Calendar

Boot Camp for New Dads

Boot Camp for New Dads is a program in which veteran fathers show fathers-to-be the ropes of fatherhood. This program is a 'guy' thing, no women over two feet tall allowed. This is your chance to talk man-to-man about what is on your mind and learn from the true experts of fatherhood. Thursday, Sept. 12 from 6-9 p.m. at the NBVC Fleet & Family Support Center, Bldg. 1169, Port Hueneme.

Navy-wide advancement exams

The Sept. 2002, cycle 176, advancement exam dates have been announced. Eligible members who work at the Point Mugu site will take the exam at Point Mugu Galley. Members who work at Port Hueneme will take the exam at Dukes Place. Members should be at the assigned location no later than 7 a.m. in a clean working uniform -- no coveralls. Dates are as follows: PO2: Sept 12: PO3: Sept 19. Contact your command career counselor or educational services officer for more information.

NBVC Boxing Club

NBVC MWR offers the Bee Hive boxing facility for cardio-boxing, instruction in boxing, fundamentals and instruction for boxing competitions and boxing programs for women. The boxing center is open Mon-Fri. 4 - 8 p.m. Call 982-4749 for more information.

The Navy loves New York City

Ten winners and their guest will enjoy a seven-day, all-expense-paid trip to the Big Apple later this year. The contest runs through Nov. 1. To read contest rules and enter, surf to www.mwr.navy.mil. Good luck!

Mugu lanes has new hours

The bowling center at Point Mugu has extended its hours to: Sun. - Thurs.: 10 a.m. - 10 p.m; Fri. - Sat.: 10 a.m. to 11 p.m. Thursday is "Poor Richards" night: \$3 gets you a hot dog, nachos and bowling.

Boxing on Pay Per View

See the world super welterweight championship fight. "The Golden Boy" Oscar De La Hoya vs. "Ferocious" Fernando Vargas live via satellite at Duke's Place Saturday. Cost is \$10 at the door. Doors open at 5 p.m. Fight card starts at 6 p.m. Complimentary appetizers served at 7 p.m. For information call 982-2872.

Point Mugu Gun Club

The 2002-2003 Waterfowl season is expected to open Oct. 12. Requirements this year will be satisfactory completion of a written test, completing some personal information, submitting a shotgun registration form and receiving a 'Permit to Hunt Card.'

A written test will be given Sept. 25, Oct. 2 and Oct. 5. All tests will be administered in the Point Mugu Gun Club clubhouse at noon.

First blind assignments will be made Oct. 9. Only those holding a 'Permit to Hunt Card' will be assigned a blind.

On the day you take the test, bring a pencil and the following information on the shotgun(s) you expect to hunt with on Naval Base Ventura County: manufacturer, model, type, (example: model 1100 / Semiauto), gauge, serial number.

Upon completeing the test with a passing score, you will be issued a 'Permit to Hunt Card.'

Any changes in times or dates will be posted at the Point Mugu Beach Motel. Contact Ed. Laroche at 482-7803 or the Skeet Range at 989-5101 for more information.

S.A.M.E. Golf Tourney

The Oxnard-Ventura Post of the Society of American Military Engineers (S.A.M.E.) is announcing its sixth annual golf tournament. This tournament is open to the public and is the major fund raising event for scholarships to students currently enrolled or entering in college engineering programs.

The event is Fri., Sept. 13. Check-in begins at 7 a.m., shotgun start at 8 a.m. Location is the NBVC Port Hueneme "Seabee Golf Course." Come ready for a catered barbecue lunch, with awards presentation at the clubhouse. Contact Phillip Cyr at 982-2853.

31st NCR Softball Tourney

Come join the fun and help support the Seabee Ball at a softball tournament held Sept. 21 at Stingers Softball Field, NBVC Port Hueneme at 11 a.m. Cost is \$50 per team.

This is a double elimination softball tournament with a one-hour time limit on each game. ASA league rules will apply. All coed and non-coed teams will be accepted. Dust off your gear and bring your best team out for this worthy cause to help raise funds to support the annual Seabee Ball.

The Seabee Ball Committee will be running the Snack Shack through the duration of the tournament. Bring a big appetite to enjoy all your favorite snacks and get your chance to purchase your Seabee Ball memorabilia.

For more information, contact BU1(SCW) Theissen at 982-4707 or 231-8881.

VX-9 officer tells his personal 9/11 story

By Kim Upshaw

Lighthouse Staff

Today, one year and one day after the tragic events of Sept. 11, 2001, in the vicinity of what every American now knows as 'Ground Zero,' the site of one of New York City's most famous landmarks, The World Trade Center towers, there is dust.

Not just any dust, but a gray, heavy, grim dust. A dust that when one looks upon it they see the horrors of Sept. 11 play through their mind as nearly all have done many times over since that awful Tuesday a year ago.

The following is the story of one Sailor, a young man with a strong military background, and a strong sense of duty to his country, who saw with his own eyes what happened Sept. 11 in New York City.

He is a patriotic Sailor who joined the Navy because he felt he owed it to his country to protect her and what she stands for, long before the terrorists hijacked those four planes, killing thousands of Americans on our own land.

Ensign Victor Matakas graduated from Fordham University in New York in May and came to Air Test and Evaluation Squadron (VX) 9 at Naval Base Ventura County Point Mugu. He sits in a crowded office processing administrative paperwork, patiently waiting to be shipped off to primary flight training in Pensacola, Fla. in November.

"I have family in Ventura, including my younger sister who is also stationed here at VX-9, and my girlfriend lives in Los Angeles. So it wasn't a hard decision when I was offered this spot after I graduated," said Matakas with a boyish grin. "This is just a good deal for me to be here for six months while I am waiting for flight school."

Matakas is no stranger to the Navy. He used to wear dungaree blue before attending Fordham University. He served on active duty aboard USS *George Washington* as an intelligence specialist immediately following his graduation from high school in 1995. In 1998 he left the active duty Navy to attend Fordham as part of the BOOST (Broadened Opportunity for Officer Selection Training) program. Fordham, which is located in the Bronx, is exactly where

Matakas was on that sunny Tuesday morning.

He had just finished his 8:30 class and was headed to his next class when his roommate's girlfriend noticed him and casually told him a plane had just hit one of the towers of the World Trade Center. "At that point, no one knew what was going on," he said. "I could hear people talking about it as I walked," he said. "At first, we all figured it was just an accident, then I heard someone say a second plane had hit the other tower, and I started

to realize this was not right." Matakas reached for his cell phone, trying to call anyone who he thought might know something. However, by this point, almost all of New York City was on their cell phone, and it was next to impossible to make a call.

His next class was on the fourth floor of the university building and he saw the towers were enveloped in smoke

and flames," "You could hear all the fire trucks and ambulances, it was chaos. More and more people were starting to talk about what was happening."

The instructor for Matakas' class was a priest. "He walked in the door," said Matakas, "and told us we should say a prayer, but that we were still having class." It was during this class that the first tower fell. "We heard a roar that sounded very much like a jet flying overhead, everyone had looked at me and asked 'Was that a jet?' I knew at that point one of the towers had fallen."

During class, he heard the Pentagon had been hit as well. "My mom works for the government and even though her office is actually in Alexandria [Virginia] she spent a lot of time at the Pentagon, so at this point I was extremely worried." Matakas went back to class and told his professor that he had to leave. "I walked in and he just looked at me. I told him I was sorry but that I was outta there."

"I didn't know at that point, where, or even if the Pentagon had been hit," he said. "I was just freaking out. So here I was trying to make phone calls and still not getting through."

The biggest emotional drain on

Matakas seemed to be the fact that he was a member of the military. "Everyone knew who I was and why I was there, and they all were looking to me for guidance and answers," he said of his classmates. "So when I got up and left class they all followed me." Matakas headed for his apartment on campus. As he walked along he noticed the reactions of everyone who was out on the street. "Everybody was losing their mind, they were all speculating on what was going on, everyone was watching CNN and talking about what was happening."

Matakas finally got home to his apartment, located on the twelfth floor of the building. As he looked out his window he realized that only one tower was still standing. "My entire apartment was filled with people, taking pictures and watching in horror as the second tower fell. It was like watching a kid kick over a pile of Lincoln Logs, it just fell down."

He listened to his messages on the answering machine. His sister had called to make sure he was all right. His girlfriend called to let him know she was stuck in the city as most all of the mass transit services were either shut down or gridlocked.

When asked about what went through his mind at this point; the second tower falling, knowing his girlfriend was stuck in the city and not knowing where his mother was, Matakas paused for a long time searching for the right words to express his feelings. "Honestly, shock," he said. "I can't really put it in words, It was just... shock."

Matakas, along with a group of his friends decided at that point to try to get to the city, to do what they could to help. "The school wouldn't let us leave, we tried to make arrangements with them to let us go, but they weren't buying it, so now on top of everything else we were stuck on campus. I haven't tried to put it in words before now, but I just had a sheer feeling of helplessness. I am stuck here, my



Associated Press

Smoke billows from one of the towers of the World Trade Center as flames and debris explode from the second tower in this Sept. 11, 2001 file photo in New York.

girlfriend is stuck in the city, I don't know where my mom is, I just want to help."

Matakas left his apartment for the sanctity of a friend's apartment. "I just had to leave, I was sick of all those people being in my apartment and I was sick of all the questions and I was sick of being there." At his friend's apartment, Matakas was able to be 'just one of the guys' and not someone who was looked to for leadership. "We just sat around watching the news reports on TV, we fielded phone calls from our families and friends, we just let it be what it was, a horrible situation, a terrible tragedy, and a shock to our nation."

Matakas' story has a happy ending. His girlfriend got home safely. His mother, "I always knew in the back of my mind she was fine," had taken the day off and was in North Carolina, far away from the Pentagon.

Three days later he went to see the terror that had taken place in his city. "You couldn't get in. Mayor Giuliani had shut down the city. There was no subway running and a cop on every corner so you could only walk to see what was going on. There were still sirens going off from fire trucks and emergency vehicles under the rubble. It burned for days; you could see the smoke at night."

"We tried to get back to our studies, everyone I knew was affected by this in one way or another, we all knew people who perished in the World Trade Center, or we knew people who had lost loved ones. I knew several people who had lost their parents. A lot of people were affected by it without even realizing they were affected by it."

Matakas says that even though he has always been a patriotic person, the events of Sept. 11 have strengthened his resolve. "I love my country, I love my flag, I serve them, I serve my President, I serve the people who perished in the attacks, and I serve everyone in this nation."



PH3 Tony Hayes

Ens. Victor Matakas

NBVC thanks those involved in COMREL program

By JO1 Alex Carfrae

Lighthouse Editor

POINT MUGU, Calif. - Naval Base Ventura County Public Affairs recognized the assistance of more than 120 individuals and commands that volunteer their time to the community relations program at an appreciation event Sept. 6.

The community relations program coordinates the use of NBVC and tenant command resources for use by scout groups, Sea

Cadets, JROTC, Young Marines, local law enforcement agency programs like DARE, elementary and secondary school children from schools in the surrounding areas and teacher's groups.

NBVC Community Relations programs also include coordinating military and civilian volunteers to visit schools in the surrounding communities for science fair competitions, career days, and by sending speakers to schools to speak about a Navy or specific career. NBVC also hosted its first job shadow day this year. The vast technical

knowledge of the military and civilian employees at the NBVC sites makes this program work so well.

The COMREL program is geared primarily toward young people in getting them thinking about their futures, staying in school and staying out of trouble.

"We don't always know the impact we make on these kids' lives," said NBVC's COMREL Officer, Pat Hollenbaugh. "And what a great place Naval Base Ventura County is for them to come and visit - to learn - to form ideas for later on.

"Without the support of our tenant commands and NBVC departments, we wouldn't be able to provide any of these programs," said Hollenbaugh. "Tenant commands are busy with their everyday business, work, training, etc. That's why they are all so important, and why I think it is important to recognize their efforts, their time, and their spirit."

NBVC is the largest employer in the county which makes it important to surrounding communities, but also the surrounding communities are just as important to the life of the Navy in Ventura County.

One of the largest players in NBVC's COMREL effort is Air Test and Evaluation Squadron THIRTY, based at Point Mugu. "It's very important that we be involved in the community in which we serve," said Lt. Will Leque, public affairs officer for the squadron. "Being involved pays us back two-fold. First, the public is aware of what goes on behind our gates, and the Sailors that volunteer their time for COMREL events, get to see firsthand what a difference they make in these kids' lives. And that's a great morale boost for the Sailor."



PH3 Tony Hayes
Capt. Rob Westberg presents Lt. J.G. Sean Mahoney with a certificate of appreciation for his involvement in NBVC's Community Relations program.

NBVC Community Relations At a glance

Between January and August of this year, the NBVC COMREL program has coordinated the following events:

◆ **61 Cub, Girl and Boy Scout groups totaling 1,172 scouts and 522 adults have camped at the Point Mugu lagoon campsite.**

◆ **4 sessions of Cub Scout Day Camp where we welcomed 975 scouts and 250 adults.**

◆ **69 military and civilian employees have volunteered to visit area schools for five career days and six science fairs.**

◆ **NBVC has hosted 2,551 cadets and 346 adults for 20 encampments for programs such as Junior ROTC the Sea Cadets and the Young Marines.**

◆ **In February, NBVC participated in the first Job Shadow Day, providing mentors in 20 different career fields for 61 high school students from throughout Ventura County.**

NMCB THREE's Delta Company Seabees helping the community

By Lt. Melissa B. Plaskonos

NMCB-3 Delta Company Commander

Naval Mobile Construction Battalion THREE Seabees began a project in May at the Ocean View Child Care Center in Oxnard. The childcare center needed some quality construction performed to create new playground areas, so they called the Seabees, where NMCB-3's Delta Company acted as the prime contractor.

The job involved excavating four sand pits to house

playground equipment, forming concrete curbs to encase those sand pits, placing a concrete pad with a drainage ditch for a picnic pavilion, and some landscaping of the area.

The crew, led by BU2 Michael Abramowitz, had many challenges throughout the project. He had to work around training class schedules, transportation problems and deal with material and equipment issues.

Regardless of the stumbling blocks, he completed the project prior to the battalion's field exercise, which the battalion began this past week.

The Seabees also worked alongside a civilian contractor,

coordinating with them to install the playground equipment. This involved a lot of forward planning and flexibility.

The staff of the childcare center said the Seabees made a mark on the young children, always taking time to answer their questions and were great role models. The childcare center staff also commented on the Seabees' professionalism and expressed their appreciation. They even invited the crew to their monthly school board meeting to accept a plaque, thanking them for their hard work.

This project was not only great training for the Seabees, but was also a real benefit to the local community.



BU2 David Smith operates a concrete saw on the recently-poured pad at the picnic pavilion.



Members of the crew, pictured from left to right: BU3 Adalberto Corona, BU3 Christopher Welch, BU3 Dennis Prior, BU2 David Smith, BU2 Michael Abramowitz, SW3 Jeffery Stevens.

NMCB-5 takes the helm in Rota, Spain



PH3(AW) Allen Morris

CAMP MITCHELL, Rota, Spain - Cmdr. David Fleisch (right), commanding officer of Naval Mobile Construction Battalion (NMCB) Five, relieves Cmdr. Christopher Honkomp, commanding officer of NMCB-7, during a turnover ceremony Aug. 29. NMCB-5 began its 2002 European Deployment here.

F-14D IPT and VX-30 team to test new SAR pod

By Lt. Will Leque

VX-30 Public Affairs

In January of 2001, the Navy made a request for a Tactical Reconnaissance/Precision Targeting Synthetic Aperture Radar (SAR) to be carried on F/A-18 Hornet aircraft to enhance the current Shared Reconnaissance Pod (SHARP) capabilities. The SHARP pod, which provides electro-optical and infrared imagery, is currently used on F/A-18 aircraft to help locate and identify targets. The addition of SAR to the system would provide a new "through-weather" capability and provide the warfighter with a valuable, all-weather asset to accurately put weapons on target. Now, the program has entered the initial phases of testing the pod on F-14D's with the help of the F-14D Integrated Project Team (IPT) and Air Test and Evaluation Squadron Three Zero (VX-30).

With Raytheon completing its necessary modifications, the IPT at NAWCWD Point Mugu, has been called upon to test the SHARP system's capabilities and provide the contractors with a workable test program and aircraft. Team members include Mr. Allan Graves, Lead Engineer for F-14 Air Vehicle Modifications, Mr. Richard Hendricks, Flight Test Engineer, LCDR Ken "Razor" Shick, F-14D Project Officer, and Mr. Dan Bukowski, the Project Engineer.

This "Proof of Concept" phase involves ten to fifteen flights of the SHARP pod on a modified F-14D, testing the pod in a variety of flight profiles and environments. The Navy has set forth five operational objectives that the IPT will be attempting to verify. Basically, the SAR pod is required to provide an "all-weather" targeting/imaging capability with the resolution and positional accuracy required from extended ranges to put weapons on target. Quoting LCDR Schick, "Our job is to provide a solid test bed (aircraft) and successfully execute the flight profiles and test plans to ensure the contractors receive the most accurate and useable data possible." Data is gathered through the use of imbedded software recording data on every aspect of the SAR system. With the possibility of a live-weapon drop to wrap up the project, engineers, contractors, and the aviators involved will test every aspect

of the system to ensure the potential demonstration will be a successful one.

Over the past year, Raytheon has been working on the development of the "new" SHARP pod with the help of several subcontractors. To date, the joint venture has proven to be a success with Raytheon in the lead. BAE has provided its expertise in building the control display, Lockheed-Martin has helped build the radar, and Northrop-Grumman has provided their unique knowledge of the F-14 to help integrate the SHARP system onto one of VX-30's aircraft.

At first glance, having multiple competitors working together on a project might appear to create an adverse environment. But the cooperation has been excellent as the pooling of assets and expertise has helped the project build the best product possible for the fleet. Dan Bukowski, Lead Project Engineer at NAWCWD commented, "The cooperation amongst the different contractors has been excellent and allowed the benefits, such as increased resources and expertise, of a multiple-contractor project to shine. Now it's the IPT's turn to match this success by providing a quality test product and test plan."

The F-14D IPT was created over 7 years ago to help keep the TOMCAT community armed with the best and most up-to-date weapons systems available. VX-30, formerly known as the Naval Weapons Test Squadron, has teamed up with the IPT from the start,

providing fleet aviators and Test Pilot School graduates who bring a warfighters perspective to the variety of projects in work. This relationship has helped NAWCWD continually provide the fleet with timely and effective weapons upgrades with recent success's such as the introduction of JDAM and the variety of operational software updates. "The technical expertise of our engineers coupled with the fleet experience of our aviators has allowed us to provide an excellent product," added Bukowski.

VX-30 and other IPT's also work on a variety of other programs including the Improved Tactical Air Launched Decoy (ITALD), Advanced Medium Range Air-to-Air Missile (AMRAAM), MA-31 (Russian KH-31 anti-ship missile), and EA-6B battlespace manager upgrades such as the PenTab. The testing on these projects is accomplished through the use of F/A-18 Hornets, EA-6B Prowlers, and F-4 Phantoms.



The updated SAR pod hangs below an F-14 aircraft on the ramp at NBVC Point Mugu, ready for testing.

Control and computation subsystem software upgrade completed for TACTS/ACTS ranges

By Steve Boster

Technical Information Department

Starting with one training range in early December of 2001, and now at nine ranges, the Tactical Aircrew Combat Training Systems (TACTS) took a giant step into the 21st century.

The long awaited Control and Computation Subsystem (CCS) upgrade freed TACTS from many of the limitations associated with its previous 1970s technology design. What once included a room full of cumbersome and antiquated Concurrent processing units, has now been transformed into a PC-based, Windows NT operating environment comprised of two cabinets (including an entire "hot" spare backup).

All TACTS functionality has been ported over to operate within this new PC based environment to address the sustainability, supportability and operability issues associated with the old subsystem.

"The old system was prone to failure and difficult to repair, yet this system is so critical that millions of dollars in training could be lost if it failed at the wrong time," said Randy Goggin from the NSWC Fallon TACTS Range. "The CCS upgrade gave us a reliable, cost effective solution that doesn't limit future expansion. TARIF came through for us, just in time. When the new computers arrived, we kept the old one as a backup. Within weeks, the old hardware had a major failure and we scrapped it."

It is said by instructor pilots that you need to "train the way you fight" and "train to win." TACTS for the Navy and the Air Force's Air Combat Training System (ACTS) make this kind of training possible by providing the aircrew with realistic training environments.

Nine Navy, Air National Guard and Air Force ranges are reaping the benefits of an 18-month effort to upgrade and rehost the CCS software for TACTS and ACTS. The systems now have more than enough computing capacity to track 36 high-activity aircraft, usually the "fast movers," on each range and at least 100 low-activity aircraft. This enables ground-based training controllers to fully monitor the maneuvering of both target and shooter aircraft and to control the simulated surface-to-air missile (SAM) and EW sites providing the threat.

High-activity aircraft carry telemetry pods that are in constant contact with remote receiver stations that in turn feed data to and from the master receiver station and the CCS. These components are "the brains of TACTS and ACTS," said Jay Chun, head of the NAVAIR WD Combat Environ-

ment Software Branch at China Lake.

Low-activity aircraft such as tankers or helicopters, are tracked by air traffic control radar and fed into the CCS.

As aviators train for combat on military ranges, they take to the skies on a ground attack mission supporting Marines or they're after SAMs in a suppression of enemy air defenses role.

In a future conflict, they may even be in search of an air-to-air target. Whatever the mission, en route they may have to evade SAMs, drop chaff/flares to confuse air-to-air missiles or make escape maneuvers before they can accomplish the mission. On a TACTS/ACTS range the SAM and EW activity is simulated to benefit the warfighter in training. All this activity is monitored on the ground, recorded and used in debriefs thanks to the communication between the TACTS or ACTS pod and the CCS.

Navy ranges using TACTS include those at Fallon, Nev.; Yuma, Ariz.; Cherry Point, N.C.; Oceana, Va.; and Beaufort, S.C. For the Air National Guard, the aircrews use ACTS on ranges at Gulfport, Miss.; and Volkfield, Wis. Air Force ranges are located at Key West and Tyndall, Fla.

Gerry Caffery, IPT lead for the CCS upgrade, said the team had four goals going into the effort. Those goals were to: (1) replace old technology with commercial off-the-shelf products, (2) develop commonality in software and hardware for the ranges, (3) work via a totally integrated team of government employees, contractors and customers and (4) allow for future increases in capability and capacity of the ranges.

hey met all four goals.

When the NAVAIR WD team of civil servants and contracted personnel from CTA, TYBRIN, Sverdrup and other companies began the effort to upgrade the CCS, they opted to rehost the software, to eliminate the 1970s and early 1980s technology of massive mainframe computers and move to the desktop PC.

The previous CCS had been patched and supplemented numerous times in order to keep up with the users expanding requirements. On several occasions, requested additional capabilities had to be shelved simply because the existing systems did not have the required processing power. Earl Furman of TYBRIN noted the first generation of range computers cost millions of dollars and the second generation units were only about one million each. Next came the Concurrent computers, which were refrigerator-sized mainframes costing hundreds of thousands of dollars. Today, the Dell desktop servers using Windows NT operating systems cost just thousands of dollars each.

Complicating the effort, but helping drive the need to change, each of the nine ranges using TACTS/ACTS had a different version of the software and different versions of the mainframe computers. This required separate software baselines for each range, giving little commonality between them.

Another driving force was cost — maintaining those separate baselines, cooling the mainframes, upgrading simulations on the old computers and maintaining an inventory of increasingly scarce spare parts. These costs drained training resources.

Furman described overcoming the technical problems — the computers reading the programming code and how the new operating system functioned with the code — as going from DOS to Windows. The CCS upgrade team was ready to proceed with fixes for all existing ranges.

A common desktop PC platform is now in use at all ranges. While the old CCS mainframes needed nearly 100 percent of their processing power to run TACTS/ACTS, the new PC



Stan Shefler

After—CCS programmer Hiep Phan works with the new version of the CCS hardware.

platforms routinely use less than 10 percent of available processing power. This allows for future upgrades, new simulations of threats or weapons and additional aircraft that can be part of a training exercise. Operators no longer have to recycle computers between missions. The system boots in less than two minutes compared to more than half an hour with the mainframes. Sustainability is a simple matter of ordering the computer/OS upgrades and parts as needed.

Once the final project requirements were established, The CCS upgrade was completed under budget and ahead of schedule. According to Caffery, the sponsors (NAVAIR PMA 248 and the Air Force's Air Combat Command) consider the cooperative project a success story for system upgrades.

"Within months of the upgrade, the ranges were looking to shed the old system," said Steve Franc, PMA 248-TACTS program manager. "At each range, the old CCS was left in place with the ability to "switch back" in case of catastrophic failure of the new system. "This capability was provided to assure each range, under any circumstance, could still meet its operational requirement for it's fleet users.

"To date, no range has indicated a need to perform the switch back. In fact, the benefits of the additional processing power have become immediately apparent, especially at those ranges maintaining a high operational tempo. Additionally, the simplicity of the new design aids in trouble shooting possible system problems and permits the quicker identification of problems with ancillary subsystems feeding TACTS."

Jim Williams said "In my opinion, the CCS upgrade was the best TACTS system enhancement in the past 10 years, and it was on time and on or under budget estimates."

With the advent of the CCS upgrade, all nine ranges are more exposed to the NAVAIR WD TARIF capability. The resulting changes at the ranges will benefit the warfighter no matter which range they use for training prior to the next combat zone deployment.



NAWCWD File Photo

Before—The concurrent mainframe computers used in the old CCS system.

Environmental Division brings “Rhinos” to NBVC

By Bill Venable

Compliance Branch Manager

Recently, the Naval Base Ventura County Environmental Division purchased and began distribution of “rhino” protected flammable material lockers. These new flammable lockers were procured through the Navy’s Pollution Prevention Equipment Program. Norm Griffaw, the NBVC pollution prevention program manager, recognized the value of rhino covering from a personal experience. He had his truck bed lined with this coating in 1994, and it is still in excellent condition. During the procurement phase, Griffaw requested the lockers be covered with the coating to prevent corrosion. This new added feature will extend the life of each locker many years beyond the normal life of an unprotected flammable material locker. The lockers are being distributed to facilities for storage of flammable materials and hazardous wastes. For further information, contact Griffaw at telephone 989-0022 or GriffawNE@nbvc.navy.mil or Tom Webb, NBVC Hazardous Waste manager, at WebbTH@nbvc.navy.mil.



Tom Webb, NBVC Hazardous Waste program manager, and Dean Johnson, NBVC Spill Prevention program manager, oversee the delivery of “Rhino” protected flammable materials lockers.



The “Rhino” coating applied to these flammable materials lockers is a protective coating that will help in limiting corrosion and gives the lockers an extended life.

From pilot to flight surgeon, COMAEWING PAC gains new addition

By JOSH ROBBIE THOMAS

For NBVC Public Affairs

POINT MUGU, Calif.— The Commander Airborne Early Warning Wing Pacific Fleet (COMAEWING PAC FLEET) has a new addition to its cast of all-star flight surgeons.

Lt. Cmdr. George A. Newton recently joined COMAEWINGPAC after arriving here from Naval Aerospace Medicine Command in Pensacola Fla. Newton is assigned to the wing supporting five E-2 aircraft squadrons.

His week as a wing flight surgeon is packed full of diversity. His title gives him three different offices to maintain. On Mondays and Thursdays, he is at the clinic seeing to medical appointments and caring for air wing and squadron members. On Tuesdays and Fridays he is in his wing office seeing to medical and administrative paperwork, as well as making office visits for the local command personnel. Each Wednesday, Newton works out of his squadron office with Carrier Airborne Early Warning Squadron (VAW) 116.

When he is working out of the squadron spaces, one of his primary concerns is to ensure the squadron members have a safe environment to work in. In addition, he sees local personnel for day-to-day check-ups and medical advice as needed.

Newton's history in aviation is not limited only to the U.S. Navy. Before earning his commission as a naval officer he spent five years as an Air Force officer. During his tour in the Air Force, he flew KC-135 Stratotankers at Fairchild Air Force Base, Spokane, Wash.

The Navy's Health Professions Scholarship Program of 1994 enticed Newton to the world's most formidable fighting force, the



Lt. Cmdr. George A. Newton

U.S. Navy. He wanted to pursue the medical field, which he had not been able to do in the Air Force.

Newton has had extensive training at Kirksville College of Osteopathic Medicine, the Naval Medical Center in San Diego, Harvard University's School of Public Health in Boston, and Aerospace Medicine in Pensacola, Fla.

He trained in the trauma center at the Martin Luther King Hospital,

in Compton, Calif. for 30 days. During that time he performed countless surgeries on gunshot and blunt trauma victims. The Martin Luther King hospital has the greatest percentage of penetrating and blunt trauma in the country.

After leaving the hospital, he went directly to USS *Constellation*. Here he passed along all of his recent trauma training to the Constellation's hospital corpsmen.

Newton is a new and welcome addition to Naval Base Ventura County Point Mugu's flight surgeon line-up. He brings with him a wealth of medical knowledge and an extensive background of medical experience.

HealthWatch: Five-a-Day can keep you healthy year 'round

By Brian Badura

Bureau of Medicine and Surgery

WASHINGTON (NNS) — As young children, many of us heard mom say, "Eat your fruit and vegetables, they're good for you." Did mom have hard facts to back this up or was it just a ploy to get us to eat things we didn't like?

Truth be told, that recurring message from mom was right on track. Our bodies need fruits and vegetables every day to stay healthy. That's why the staff at Navy Environmental Health Center (NEHC) is promoting the Five-A-Day for Better Health program.

The aim of the Five-A-Day program is to inform Americans that eating five servings of fruits and vegetables each day can improve their health and may reduce the risk of cancer.

It began back in 1991 as a combined effort between the National Cancer Institute and the Produce for Better Health Foundation.

"We encourage participation in the Five-A-Day program because Navy personnel need to make healthy choices in their diet," said Lori Tubbs, health promotion nutrition program manager at NEHC.

Many fruits and vegetables are now ready for harvest, making this the perfect time to get on board with the Five-A-Day plan.

Can something as simple as fruits and vegetables really make a difference? Consider these facts:

See HEALTH, Page 22

NMCB 40 assists with aircraft recovery efforts in Puerto Rico

By EA2(SCW) Anacarolina Hallais

For NMCB 40 Public Affairs

CAMP MOSCRIP, Puerto Rico — When disaster struck, the Seabees of Naval Mobile Construction Battalion (NMCB) 40's Detachment Puerto Rico were ready to go. On a stormy Wednesday night, Aug. 7, 2002, a C-130 Hercules took off from Roosevelt Roads Naval Station on a routine training mission. The ill-fated flight crashed into the mountains near the city of Caguas, about 20 miles South of San Juan, killing all ten service members aboard and scattering debris for hundreds of yards.

The very next morning, the word was out. The Seabees from Detachment Puerto Rico might be requested to aid rescue efforts. At a moment's notice, the det was notified, vehicles were prepared, and they were ready to go. Later that same day, it was announced that Fighting 40 would not be needed.

But, that changed the following day when the Seabees were again tasked to help with the effort. The mission was to clear a hasty road wide enough for Humvees to get to the top of the mountain where the airplane crashed. They were to accomplish this by working from the nearest existing asphalt road two miles away. Additionally, the Seabees were tasked with putting in a helicopter land-

ing pad to aid access for rescue workers.

"The construction of this road was one of the most challenging things I've seen in my career," said BU2(SCW) Donald Williams, a crew member. "The weather, the soil, the steep grade...all the odds were against us." In fact, the Seabees spent numerous hours grading and smoothing the surface of the road. But no sooner than some degree of success was achieved, than rain would fall and instantly wash away the crew's hard work.

"The mud was nearly impenetrable," said EO3 Bruce Fink, another crew member. "Our heaviest and toughest vehicles would get stuck. Sometimes they would simply slide off the road and fall into a trench." It took days of constant work to keep up with Mother Nature and maintain passable roads just so the project could go on.

"We worked hour after hour, day after day, and then the rain would hit hard," said Fink. "The new task would be to move equipment without getting stuck or sliding off the road." But the Seabees met the challenge. To keep the road from being washed away with each new douse of rain, they placed culverts to provide sufficient drainage.

The sun occasionally appeared in the sky, turning each moment of dry weather into a race to continue charging ahead with the project. With culvert pipes in place, the men and women of Det Puerto Rico went to work with bulldozers and graders in order to transform the



Photo by EA2 Anacarolina Hallais

A C-130 Hercules crashed south of San Juan, spreading its debris for hundreds of yards.



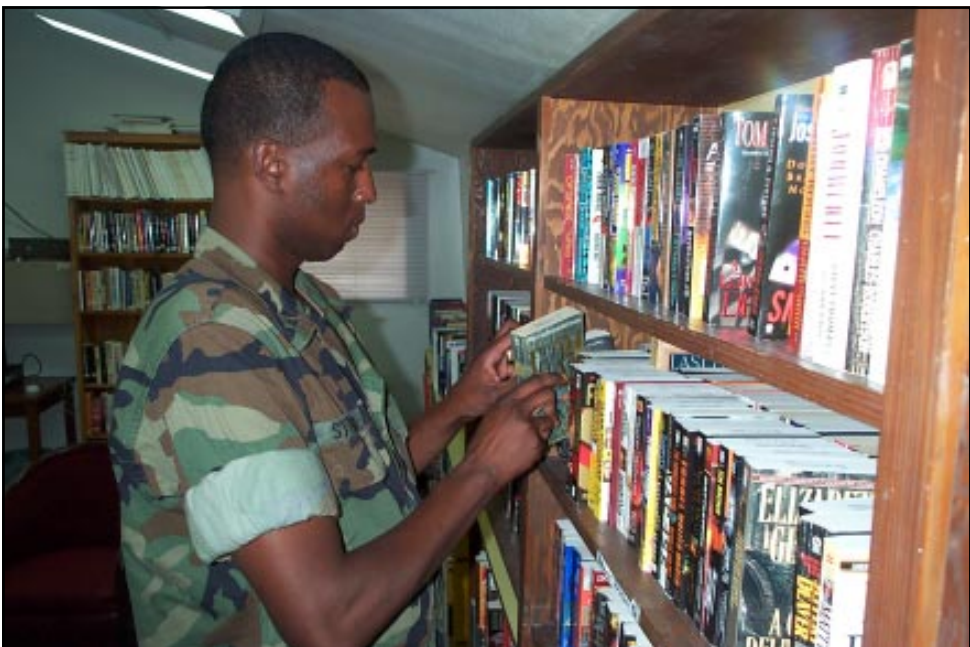
See CRASH, Page 17

NMCB 5 receives shipment of books for its library

Story and photo by JO1 Scott Sutherland

NMCB-5 Public Affairs Office

CAMP MITCHELL, Rota, Spain – At one time or another, we’ve all heard the saying, “what’s black and white, and read all over?” The answer, of course, is a book. Recently, a whole box of them, from modern fiction to historical and educational, arrived at the doorstep of Naval



RP2 Derrick Sturgis inventories the newest arrival of books in the battalion's library.

Mobile Construction Battalion (NMCB) Five's Chaplain's office as part of the Chief of Naval Education and Training's Naval Service General Library Program.

It was the first shipment of books from CNET to the deployed battalion, which recently arrived here for its 2002/2003 European Deployment. CNET's General Library Program provides Sailors both ashore and afloat organized collections of books and related materials, and library services. Similar to the Armed Forces Radio and Television Network, which provides a variety of entertainment to troops overseas, the General Library Program offers the most up-to-date, best-selling books in both paperback and hardcover.

The most recent delivery of books to "The Professional's" library included about two-dozen best sellers, an equal amount of both paperbacks and hardcover.

"The program helps Seabees, in this case, to make wise and productive use of their leisure time for enjoyment and personal growth," said Navy Chaplain Lt. Cmdr. Donald Moss, NMCB-5's interim chaplain.

RP2 Derrick Sturgis, a native of Millsboro, Del., is responsible for operating and maintaining the growing library. According to Sturgis, since the battalion is just starting its five-and-a-half-month deployment, the library is suffering a minor identity crisis. It's a matter of informing the nearly 300 Seabees assigned to NMCB-5's main body about the library's existence and its current selection of books.

"Right now, most of our Seabees don't know we're here," said Sturgis. "We'll submit plan of the week notes to help increase our patronage. We need to get the word out that it's a great place to relax and read."

One of the newest arrivals is the large-sized hardcover *Brotherhood*, a pictorial tribute to the 363 New York City firefighters who lost their lives in the 9/11 terrorist attack of the World Trade Center. The full-color book features the work of 60 photographers who were asked to contribute to the book.

"I was surprised to see that book in our shipment," said Sturgis.

Maybe having "Brotherhood" on hand, as well as other fiction and non-fiction works by popular authors, will encourage Seabees to make the library their first stop during their after-hours leisure time at Camp Mitchell.

FOUR's families participate in physical training

By Lt. Andy Cook

For NMCB 4 Public Affairs



Photo by PH2 (AW) Chris Perkins

BU1 Koatri Young and his son, Tylen Hester-Young (left), exercise during NMCB 4's PT.

this particular morning? His kids were tugging at his sleeves.

The XO wasn't the only one surrounded by his children at PT that morning. Many NMCB FOUR Seabees took part in the "Bring Your Kids to PT" event. The companies were scattered with children ranging from infants to teenagers to spouses; all standing by or being held by their parents.

The newly reporting commanding officer, Cmdr. James Worcester, Chaplain (Lt.) Brandon Harding, and the battalion military advisor, Gunnery Sgt. John Corvin's kids even marched out with the staff. Lt.j.g. William Butler led the battalion through a modified PT session, consisting of stretching and calisthenics, which included push-ups, jumping jacks, cobra stretches and his favorite, the Superman exercise.

After warming up, all the kids and their parents formed a makeshift company and headed out for a short run. The formation included several baby strollers and some budding young runners as Butler led the way by calling cadence for the group. Not everyone kept in step but they all sang along and had a great time. The PT session was followed later that morning by

a Battalion "Welcome Home" picnic at Bolles Field.

"My son got a great big kick out of it," mentioned BU1 Kotari Young of NMCB FOUR's Charlie Company. "Although the kids and parents didn't really see what kind of PT we do, they got the general idea why it's important to us. Maybe my son Tylen will pick up a basketball more instead of a game controller or remote."

Having the kids at PT was as much fun for them as it was for the adults. It was a great opportunity for Seabee kids to see what Mom or Dad does at work, and to reinforce the battalion's commitment to family.



Photo by PH2 (AW) Chris Perkins

Brandon Frederick (left) and his dad, UCCM (SCW) Keith Frederick of NMCB FOUR's Bravo Company, stretch during NMCB FOUR's "Bring Your Kids to PT Day."

CRASH from Page 12

ground into smooth and vehicle-friendly terrain, and to change the sharp incline of the mountain to one that was more tolerable.

The 15-member crew assigned to the project worked every day beginning Aug. 11, until Aug. 23, according to Lt. Marc Bernath, Det Puerto Rico's officer-in-charge. "We completed 500 meters of road work, 110 linear feet of 16-inch culvert pipe installation to drain and stabilize a spongy road bed using timbers and two-by-twelve planking, and installed a 140' x 85' helicopter landing pad.

Although due to a tragic event, the Seabees helped the recovery effort proceed a lot faster through phenomenally hard work under very uncooperative weather. Said UCCM(SCW) Christopher Murphy, assistant OIC, "We went in, not knowing what to expect, and succeeded."



Photo by EA2 Anacarina Hallais

Seabees from Naval Construction Battalion 40 clear a two mile strip of road for access to the C-130 Hercules crash site.

Sailors take advantage of TSP

From Chief of Naval Personnel Public Affairs

WASHINGTON (NNS) — More than 87,940 active and Reserve Sailors are taking advantage of tax benefits and the chance to provide for their futures by contributing to the Thrift Saving Plan (TSP).



During the second TSP enrollment period, more than 1,200 E-1s signed up, leading the way for new enrollees. Each new Sailor is given a 90-minute TSP presentation during boot camp.

In the officer ranks, O-3s led the way with more than 1,100 new enrollees.

TSP is designed to be a convenient way to provide service members with the opportunity to invest in a variety of investment vehicles that can augment future income.

Working much like the civilian 401(K) savings plan, pre-tax dollars are invested to provide a long-term savings program with immediate tax advantages for military members. The account is transferable to other tax deferred programs and is not tied to the military retirement system.

The next TSP enrollment period begins Nov. 15 and lasts through Jan. 31, 2003.

For more news from the Chief of Naval Personnel, go to their Navy NewsStand Web page at www.news.navy.mil/local/cnp.

All U.S. Navy ships to begin flying First Navy Jack

By Susan Civitillo

FISC San Diego Public Affairs

SAN DIEGO (NNS) — At morning colors Sept. 11, all U.S. Navy ships began flying the First Navy Jack in place of the Union Jack for the duration of the global war on terrorism.

The flag, which was first used by the Continental Navy in 1775, consists of a rattlesnake superimposed across 13 alternating red and white stripes with the motto, "Don't Tread On Me."

Commodore Esek Hopkins used the First Navy Jack as a signal to engage the British in the American Revolution. The Jack in today's fleet represents a historic reminder of the nation's origin.

In a brief ceremony Sept. 5, Capt. Ray Berube, commanding officer, Fleet and Industrial Supply Center San Diego, presented Cmdr. Clayton Saunders, commanding officer, *USS Rushmore* (LSD 47) with a set of four flags.

Rushmore, along with the rest of the fleet's ships, began flying the First Navy Jack on Patriot Day as directed by Secretary of the Navy Gordon England.

"In accordance with the guidelines set forth by Secretary of the Navy Gordon England and Chief of Naval Operations Adm. Vern Clark, it is my pleasure to deliver to you the First Navy Jack to be flown aboard *USS Rushmore* and all U.S. Navy ships during the global war on terrorism," stated Berube.

Upon receiving the flags, Saunders spoke on how the First Navy Jack will bring to mind the part the Navy plays in attaining freedom.

"In the years since 1775, our primary mission, to ensure the freedom of the seas, has remained unchanged. Today, terrorists threaten free commerce and individual liberty. This flag represents a renewed commitment by the Navy to our first principles, to secure freedom, both at home and abroad," remarked Saunders. "It is fitting that the honor of receiving the first flag should fall to the *Rushmore*, America's Gator."

Each ship in the fleet will receive four flags (one holiday and three regular). Non-deployed ships received their initial Jack through their local FISC Logistics Support Center representative.

The flags were sent directly from the commercial vendor by mail to deployed ships. The



Photo by PH2 David A. Lev

Yokosuka, Japan (Dec. 23, 2001) — In port aboard *USS Kitty Hawk* (CV 63) Sailors raise the First Navy Jack as they return to their forward deployed base.

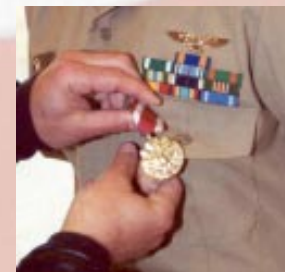
flags will eventually be stocked and available through the Navy supply system.

For more news from Naval Supply Systems Command, go to their Navy NewsStand Web page at www.news.navy.mil/local/NAVSUP.

To view SECNAVINST 10520.6 authorizing display of the First Navy Jack during the global war on terrorism, go to http://neds.nebt.daps.mil/Directives/10520_6.pdf.

To view the Presidential Proclamation proclaiming Sept. 11, 2002, as Patriot Day, go to www.whitehouse.gov/news/releases/2002/09/20020904-10.html.

Shining Sailors...



MS2 Lorena Vega receives a Navy and Marine Corps Achievement Medal from Capt. Jim Rainwater, commanding officer of Naval Base Ventura County.



UT1 Phyllis Thomas (SCW) is presented a Navy And Marine Corps Commendation Medal from UCCM David J. Crowell (SCW). UT1 Thomas' efforts resulted in Naval Base Ventura County receiving the Bronze Hammer Award for Self Help Programs.



MS2 Jose B Aquino receives a Navy and Marine Corps Achievement Medal from Cmdr. Hamlin A. Ortiz-Marty, Commanding Officer of VAW-112, as well as congratulations on his retirement from the Navy after twenty years of dedicated service.



Lt Bryan James Grappe receives a Navy and Marine Corps Achievement Medal from Capt. Jim Rainwater.



HM2 Jonathan Wells (right) of NMCB-5 medical department receives a Navy and Marine Corps Achievement Medal from NMCB-5 Commanding Officer Cmdr. David Fleisch.

For submissions of military awards of your command or department's shining Sailors, contact JO1 Alex Carfrae at e-mail: carfraera@nbvc.navy.mil
Phone: (805) 989-8766
Please send photos or high resolution, 300 dpi, .jpeg digital images with a full caption of all persons appearing in the photo including first names and ranks, the award description, and the photographer's name for recognition.



At the Movies

Port Hueneme

Thur., Sep. 12	7 p.m. Road to Perdition
Fri., Sep. 13	7 p.m. K-19: Widowmaker
	9 p.m. 8-Legged Freaks
Sat., Sep. 14	2 p.m. Stuart Little 2
	7 p.m. Austin Powers - Goldmember
	9 p.m. Crocodile Hunter
Sun., Sep. 15	7 p.m. Bloodworks
Thur., Sep. 19	7 p.m. K-19: Widowmaker
Fri., Sep. 20	7 p.m. Stuart Little 2
	9 p.m. Austin Powers
Sat., Sep. 21	2 p.m. Country Bears
	7 p.m. Signs
	9 p.m. 8-Legged Freaks
Sun., Sep. 22	7 p.m. Adventures of Pluto Nash

Point Mugu

Fri., Sep. 13	7 p.m. Men In Black II
	9 p.m. Murder By Numbers
Sat., Sep. 14	7 p.m. Men In Black II
	9 p.m. Murder By Numbers
Sun., Sep. 15	2 p.m. Spirit: Stallion of the Cimarron
Fri., Sep. 20	7 p.m. Mr. Deeds
	9 p.m. Ya Ya Sisterhood
Sat., Sep. 21	7 p.m. Mr. Deeds
	9 p.m. Ya Ya Sisterhood
Sun., Sep. 22	2 p.m. Return to Neverland



What's Playing

Signs (PG-13) Starring Mel Gibson, Joaquin Phoenix. **Synopsis:** Eerie sci-fi thriller about a Pennsylvania farmer who discovers a crop circle in his fields and regains his religious faith after learning their true, terrible meaning. **Runtime:** 106 minutes

The Crocodile Hunter: Collision Course (PG), Starring Steve Irwin and Terri Irwin. **Synopsis:** Outback action-comedy about U.S. agents pursuing a crocodile with a satellite beacon in its stomach — and the intrepid Aussie reptile-wrangler who inadvertently helps their toothy prey avoid capture. **Runtime:** 90 minutes

Men in Black II (PG-13), Starring Will Smith and Tommy Lee Jones. **Synopsis:** Sci-fi action-comedy sequel about the exploits of two super-secret government agents charged with tracking down a villainous — and sexy — extraterrestrial mastermind whose plans for interstellar power threaten Earth's very existence. **Runtime:** 88 minutes

Stuart Little 2 (PG), Starring Michael J. Fox and Geena Davis. **Synopsis:** Dynamic, visually vibrant kids' sequel combines live-action and animation in the further adventures of the plucky mouse adopted by a human family in Manhattan. This time around, Stuart learns the value of friendship when an injured bird literally falls into his life. **Runtime:** 78 minutes

Austin Powers in Goldmember (PG-13), Starring Mike Myers, Beyonce Knowles. **Synopsis:** Third *Austin Powers* outing follows the shag-happy secret agent as he travels back in time to foil the dastardly plans of his nemesis Dr. Evil and a new foe called Goldmember. Along the way, he stops in the 1970s to hook up with a former flame, the boomin' blaxploitation heroine Foxy Cleopatra. **Runtime:** 96 minutes

Eight Legged Freaks (PG-13), Starring David Arquette and Kari Wuhrer. **Synopsis:** Over-the-top horror-comedy about a rural mining town that finds itself overrun by gargantuan, mutant spiders, made huge by a toxic-waste spill. **Runtime:** 99 minutes

K-19: The Widowmaker (PG-13), Starring Harrison Ford and Liam Neeson. **Synopsis:** Fact-based military thriller about a Soviet Navy captain whose maiden voyage on a new nuclear submarine turns into a nightmare when he's caught between a military standoff, the trigger-happy Kremlin, and a ship riddled with potentially catastrophic technical problems. **Runtime:** 138 minutes

Mr. Deeds (PG-13), Starring Adam Sandler and Winona Ryder. **Synopsis:** Class-warfare comedy about small-town nice guy who is suddenly thrust into New York high society after a recently deceased uncle leaves him a worldwide multimedia empire. Very loosely based on the Frank Capra classic *Mr. Deeds Goes to Town*. **Runtime:** 91 minutes

Road to Perdition (R), Starring Tom Hanks and Paul Newman. **Synopsis:** Bleak crime drama about a hit man devoted to two things — killing his targets and raising his family. When tragedy strikes the latter, he takes his eldest son along on a horrifically bloody vendetta. **Runtime:** 119 minutes

The Country Bears (G), Starring Haley Joel Osment and Christopher Walken. **Synopsis:** Live-action, kids' comedy about a young bear who plans the reunion of the titular band to raise enough money to save Country Bear Hall. Along the way, he learns a lesson about the importance of family. **Runtime:** 88 minutes

Star Wars Episode II: Attack of the Clones (PG-13), Starring Ewan McGregor and Natalie Portman. **Synopsis:** Young Jedi apprentice Anakin Skywalker, his master Obi-Wan Kenobi, and now-senator Amidala — caught up in intergalactic political machinations surrounding a suspicious revolt and the creation of a sinister, genetically uniform army. **Runtime:** 140 minutes



Healthy Families

By Monica Walters, Family Advocacy Specialist

You can hardly pick up a newspaper or listen to the news without hearing about dysfunctional behavior or families. What exactly does that mean? Is it true that everyone is part of a dysfunctional family?

While there's no such thing as a perfect family, there are several characteristics common to families whose relationships seem to thrive with only minimal problems. Researchers Stinnett and DeFrain found that these kinds of families tend to show the following "healthy" traits:

COMMITMENT: A feeling of family unity and permanence...that the family is the most important relationship and that it will last for a long time. Families can and do go through extremely rough times, but a family with commitment believes that "everyone is in this together for the long haul."

APPRECIATION: Strong families let one another know they appreciate each other and that they are valued for who they are. Rather than assuming your spouse or child will always be there, try letting them know you love them and care about them.

COMMUNICATION: Good, open communication is vital for every relationship. With it, families can resolve conflicts, solve problems and foster a sense of safety and acceptance for all its members. This includes LISTENING to your spouse or child, not just talking.

TIME TOGETHER: Strong, healthy families share ongoing family time. While every family has different schedules and demands on their member's time, they all need consistent time together in which nothing is allowed to interrupt.

SPIRITUAL WELLNESS: Stinnett and DeFrain found that all of the healthy families in their study had some core values or philosophy that gives them a sense of

FFSC Class Schedule

Point Mugu

Please call 989-8146 for further information or to sign up for classes.

Anger Management, September 12, 9 a.m. – 11 a.m., Bldg. 116
Executive TAP, September 9-12, 8 a.m. - 4 p.m., Bldg. 116
Parenting - Ages 0-4, September 12, 9 a.m. - 11 a.m., Bldg. 116
Interviewing & Marketing Yourself Skills, September 12, 11:30 a.m. – 1 p.m., Bldg. 116
Play Mornings, Every Tues. 9 a.m. – 11 a.m., Chapel Nursery
Preseparation Briefs, Every Thurs., 2 p.m., Bldg. 116

Port Hueneme

Please call 982-4117 for further information or to sign up for classes.

Parenting Skills, September 12, 2 p.m. – 4 p.m., Bldg. 1169
Base Indoc, September 11-13, 8 a.m. – 4 p.m., Bldg. 1169
Retired Activities Office, Daily, 8 a.m. - 4 p.m., Bldg. 1169
Preseparation Briefs, Every Tues. 2 p.m., Bldg. 1169
Baby & Me, Every Thurs., 11:00 a.m. – Noon, Bldg. 1169

direction and purpose - the feeling that they are part of a much bigger picture. For some reason, this may mean religious expression, but this isn't necessarily the only way to pass on values and a sense of being a contributing member of the Human Race. What values and core beliefs do you model for your children?

GOOD COPING SKILLS: Strong, functioning families aren't immune from stress and trouble...they just tend to develop strong coping skills and stress reduction techniques. It's also important to make sure that everyone in the family is taking care of their physical health and finding ways to relax and unwind from daily problems. Take some time to think about your family and how your relationships can be enhanced.

Navy Medicine's Nutrition and Exercise Program gets you ship-shape

By Brian Badura

Bureau of Medicine and Surgery

PORTSMOUTH, Va. (NNS) — You go to the gym, run, sweat, get on the elliptical trainer, get your heart rate up, and yet you still have trouble shedding those extra pounds. If you need help reaching your weight goal, the Ship Shape program may be just the ticket.

The Navy Environmental Health's Center's Ship Shape program is designed to increase the number of active duty Sailors and Marines who are living a healthy lifestyle and maintaining a healthy body composition.

According to Lynn Kistler, Ship Shape's program manager, the nutrition and fitness program grew out of the old two-week inpatient weight management program.

"Ship Shape offers more flexibility and opportunity for service members to participate versus the old inpatient program," she said.

Weight management information is provided for participants over the course of ten weekly sessions, with each being moderated by a program facilitator or subject matter expert.

"Sometime next year, the program will change to eight weeks instead of ten, but we'll actually incorporate many of the same topics, while adding material on strength training," said Kistler.

A variety of subjects are covered, starting with the basics

of setting realistic goals, and proper nutrition and exercise.

As the program progresses, additional information on weight management, such as stress, emotional eating and behavior modification, is also discussed. Each consecutive session builds on the information presented in previous meetings, with the last one focusing on long-term success.

Attendance is open to all personnel, especially those who exceed, or are in danger of exceeding, the Navy's body composition assessment standards. Class sizes are based on demand, but groups of 15 to 20 students are ideal, according to Kistler.

Personnel interested in participating in Ship Shape should obtain a recommendation and referral through their chain of command. The program is not mandatory, but their command fitness leader may refer some individuals.

Ship Shape is approved by the Bureau of Medicine and Surgery and is offered through the Health Promotions department at many Navy military treatment facilities. It is listed as a recognized fitness enhancement and weight management program in OPNAVINST 6110.1F, which covers the physical readiness program.

To find out if your command offers Ship Shape, contact the Health Promotions coordinator or visit the Ship Shape website at www-nehc.med.navy.mil/HP/Shipshape/index.htm for contact information.

For more news about Navy Medicine, visit their custom Navy NewsStand page at www.news.navy.mil/local/mednews.

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- People who eat five a day or more have half the risk of developing cancer as those who eat just two a day.

- Eating fruits and vegetables not only cuts the risk of cancer, but also heart disease, diabetes, stroke, obesity and birth defects.

- Eating proper portions of fruits and vegetables can reduce the risk of cataracts five fold.

- Between 30 and 70 percent of all cancer deaths are diet related.

Five servings a day may seem like a lot, but it's not. Some examples of one serving include one medium fruit or one-half cup of cut up fruit, three-quarters of a cup of 100 percent fruit or vegetable juice, or one cup of raw leafy vegetables.

Many Sailors struggle with their weight, and eating fruits and vegetables when visiting the galley can be a great way to help shed some excess pounds.

"We're going so far as to include fruits and vegetables in vending machines," said Tubbs. "More importantly, we need to educate and inform our people of the benefits of eating right."

If you're interested in finding out more details about the Five-A-Day program, stop by the Health Promotions office in your area. You can also check out the NEHC Web site at www.nehc.med.navy.mil/hp/nutrit/index.htm.

For more news about Navy Medicine, visit their custom Navy NewsStand page at www.news.navy.mil/local/mednews.

(Editor's Note: The National Five-A-Day Week Campaign is Sept. 8-14.)

Legal protections help Reservists return to civilian jobs

From Lt. j.g. Sean M. Spicer

Naval Information Bureau Det 206 Public Affairs

WASHINGTON (NNS) — After the attacks of Sept. 11, 2001, more than 85,000 Reservists were recalled to active duty, including more than 10,000 naval personnel. Most had orders for up to a year but would leave not knowing if they would be away the full year or be back home in months.

Now, eleven months later, many of these Reservists are being demobilized and heading home as military requirements have changed. They are welcomed back by families and friends but many are left wondering how their employers will receive their return.

Although many employers look favorably on military service and even encourage it, there are plenty who find it burdensome to have an employee who spends time away from the job.

Recalls during times war may not occur often, but almost every Reservist has had to face their employer at one point to discuss fulfilling their military requirements. Aside for active duty call-ups, time off for monthly drills and annual training can be worrisome for employees and employers.

Yet, many Reservists, including those who have served for several years, are unaware of their legal rights when it comes to their civilian employment and military service. In order to alleviate concerns, many Reserve Centers have incorporated seminars on this subject into their indoctrination classes.

Naval Reserve Capt. Sam Wright of the Juge Advocate General Corps (JAGC), who often speaks at indoctrinations, is one of the leading experts in the area of service members' employment rights.

Wright says he often encounters seasoned Sailors who are unaware of their legal rights, just as many employers do not understand their legal obligation.

During Wright's presentation, he focuses on the law that protects service members, the Uniformed Services Employment and Reemployment Act (USERRA), which was enacted into law in 1994. It updated a 1940's law, the Veterans Re-Employment Rights Acts, which gives Reservists who leave their civilian jobs certain rights to both perform their military service and ensure their civilian job upon completion of their military service.

During a recent indoctrination at Naval Air Facility Washington, Capt. Wright spoke to a group of 30 Naval Reservists, which spanned from non-prior service to senior officers who had recently left active duty.

Petty Officer 2nd Class Keith Fykes, who until recently helped coordinate NAF Washington's INDOC classes, said Wright's speech is something that all indoctrination classes should hear. "This is an excellent lecture especially for new Reservists. More than 80 percent of the people probably were surprised at the rights they have."

Fykes added that with the recent mobilizations of Reservists, it is important for Sailors and their families to know their rights.

Wright said that many employers and even some Reservists are under the false impression that USERRA only covers Reservists who are called to active duty during time of war. However, the law extends to all service, voluntary or involuntary, monthly drills, annual training and active duty for special work (ADSW).

USERRA ensures that service members are promptly reinstated in their civilian jobs and are treated for seniority and pension purposes as if they had never left. Additionally, it prohibits discrimination against those who are serving and those who have served. Just as a potential employer is barred from asking a young woman if she intends on having children, USERRA provides that employers cannot discriminate because of an employee's intent to either join or stay in military service.

Many U.S. Department of Labor regulations governing employment practices only apply at thresholds determined by the number of employees, but with USERRA there is no threshold. Whether the company is a Fortune 500 company with thousands of employees or a small business with two employees, USERRA is applicable. The law even extends to those who work in areas like construction and are employed through what is referred to as a "hiring hall" or similar operation.

While USERRA guarantees an employee's job will be waiting for them when they return from service, it does not mean their civilian employer will pay them during their absence. The federal government, many states and a growing list of businesses provide for 15 days of paid leave to those that serve but many companies, large and small, require employees to go on unpaid leave while serving.

USERRA offers a great deal of protection for those who chose to serve in the Reserves but there are some basic eligibility requirements that must be met.

First, the person must hold a position of employment and must leave that position for military service. Second, they must give either written or oral notice to the employer. Although it is not required to "ask permission" or give advance notice, Capt. Wright sug

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Chapel Schedule

Point Mugu
For information please phone 989-7967

Worship
Sunday Mass: 9:30 a.m.
Sunday Protestant Worship: 11:15 a.m.
Weekday Mass: Tuesday & Thursday at 11:30 a.m.

Religious Education
Children’s Worship: Sundays at 9 a.m.
Catholic CCD: Sunday at 10:30 a.m.
Sacrament of 1st Holy Communion: Tuesday at 4 p.m.

Port Hueneme
For information please phone 982-4358

Worship
Saturday Mass: 5 p.m.
Sunday Mass: Noon
Sunday Protestant Worship: 9:45 a.m.
Children’s Church for ages 3-9
Christian Science Service: 2 p.m.
Weekday Mass: Monday & Friday at 11:30 a.m.
Weekday Eucharistic Service: Tuesday, Wednesday and Thursday at 11:30 a.m.

Navy-Marine Corps Relief Society News

Emergency Financial Assistance



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Calender of Events

Crochet Wednesday- Sept. 18, from 10 a.m. – Noon. Held at the “Bee Hive”
by Bard Mansion.

Thrift Shop – Open Each Mon. and Wed. from 10 a.m. – 2 p.m. Located in
bldg. 829.

Budget for Baby Class – Available at Point Mugu and Port Hueneme, call
NMCRS office to register for a date and time best for you. 982-4409

Volunteer Orientation – The second Thursday of every month. Call to for more
information and to register. 982-4409

Smart study habits help Sailors 'make the grade'

By EM2 Jennifer Copcutt

PCU Ronald Reagan Public Affairs

NEWPORT NEWS, Va. (NNS) — The Navy is like any other employer in America. If you want to make more money and tackle more responsibility — you have to perform.

The Navy's method of measuring performance is comprehensive. It includes an annual evaluation, a bi-annual advancement exam tailored to each Sailor's job specialty, personal awards, and the length of time the Sailor has served at the current rank. The two biggest factors in determining who advances are the evaluations and the exam.

Advancement exams challenge Sailors. The exams are inherently competitive because they are evaluated on a bell curve, which compares the Sailor against other Sailors who take the same exam. The exam with the most correct answers receives the highest score, an 80. To score high on these exams, Sailors must accurately answer as many questions covering all aspects of a job specialty as possible.

Electronics Technician 1st Class Cletus Thayer of PCU Ronald Reagan (CVN 76) has scored an 80 twice in his career. "I like being best at what I do," he said.

Sailors prepare for advancement exams in different ways. Thayer used the bibliography to study. It lists the resources used to write the test questions and is available at www.advancement.cnet.navy.mil. He said studying the bibliography is really important to performing well. "I stuck to it completely," he said.

Reagan's Educational Services Officer, Ensign Kirk Nichols, like Thayer, also advises studying the exam bibliography. Other study materials Nichols recommends are the advancement handbook and the job specialty training manuals for each rank.

Thayer and Nichols agree that turning the information from the bibliography into knowledge takes committed study habits. Thayer's study program started three months before

the exam and consisted of twenty-minute study sessions, five times each week. He said how you approach studying is as important as what you study.

"Don't start the first week and try to study so much that you get burned out," he said. "If you feel like you aren't in the mood, or you are having trouble concentrating, stop and take a break."

By paying attention to results in different study conditions, Nichols says Sailors can "discover key study times and places," and plan study sessions to be more effective.

In addition to regular study sessions and appropriate study material, Sailors have to study effectively. Thayer used a structured method to study the bibliography, but he said the most important thing for him was the study habits, not so much the procedure.



Photo by PH3 Alan D. Meza

At sea aboard USS Belleau Wood (LHA 3) Mar. 19, 2002 — Aviation Boatswain's Mate Airman William Turpin from Bakersfield, CA, participates in the Navy-wide advancement examination for Petty Officer 3rd Class. The exam is offered once every six months to eligible Sailors Navy-wide.

Nichols recommends using a team approach to studying. "The 'buddy system' works," he said. "Find a buddy to study with, or form a study group if possible." Nichols also said flash cards are an "excellent study tool."

Another tactic used in the Fleet is training and studying throughout the year. "It is important for Sailors to become familiar with the instructions and directives referenced in the bibliography when performing their duties."

Regardless of how well prepared they are, some Sailors still get nervous on exam day. Thayer is no different.

"I always go in really nervous and I leave thinking I did terribly, since the tests are really hard," he said. However, Sailors have many options available to help deter those exam day nerves.

Thayer said he studied the least familiar sections of information during the weeks before the exam to increase his ability to perform well on exam day.

Also, Nichols said to avoid mental exhaustion by not trying to cram just before the exam. "It is very important to have a rested mind," he said.

Committed Sailors receive high returns on their investment efforts. For Sailors who advance, the rewards are professional and personal. They move up in rank, are given more responsibility, and receive that sought-after raise in pay. Each Sailor's participation benefits both themselves and the organization as a whole.

In "Fight and Win! CNO's Guidance for 2002," Adm. Vern Clark said, "We are the greatest Navy in the world because of our people. Our future is bright because we are a service that sets goals and strives to become better."

This philosophy is as true for individual Sailors studying for exams as it is for the Navy organization as a whole.

For more news from PCU Ronald Reagan (CVN 76), visit their Navy NewsStand page at www.news.navy.mil/cvn76.

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gested that working with your employer to provide for a smooth transition is a good way to promote healthy employer-employee relations.

Last, they must be released from service under honorable conditions and not serve more than five years before returning to work. When the employee returns it must be done in a "timely" fashion after being released from service.

If the length of service was less than 31 days (annual training, monthly drill, etc.) you must report back for the next full day of work. The law does provide that you have eight hours of rest after you have safely returned back to home.

For example, a Reservist on a drill weekend who ends their Sunday drill at 1600 hours but has to drive home seven hours arriving back home at 2300 hours, has eight hours from that time to report back to work. In this instance though, if the Reservist worked an early morning shift, they would not be required to report, but it is equally important to note that while the employer must abide by the law, they do not have to pay employees for shifts or days not worked.

If the service was between 31 and 180 days, you must return to work within 14 days. And for those who serve more than 180 days, they must report back within 90 days. In any case where the service is more than 31 days, the employer has a right to see documentation. None of these requirements prevent the employee from returning early if it is agreeable to the employer. The employer must make "prompt" reinstatement but this does not necessarily mean the day after they are informed you are returning. They do have an opportunity to make the appropriate adjustments within a reasonable amount of time.

There are of course some exceptions when employers are not required to re-employ a person. For example, a company that has downsized from 1,000 to 100 employees while the service member was gone, can deny re-employment if they can prove that the position was cut or discontinued on a basis other than seniority. In these rare cases, the burden of proof is on the employer. Employers cannot fill the position and then claim it is no longer available.

After returning from active service, USERRA provides many entitlements. The most important benefit is that employers must make appropriate training available upon return.

Another major aspect of the law is that employers must treat employees who are serving as if they never left in terms of seniority, pension and status. If the company operates at all on a seniority system, then employees are entitled to pay raises, benefits and promotions that

would have been received had they never left.

If military service was less than 91 days, employees are entitled to the exact same job upon returning. But if it was more than 91 days, employers can put the employee in a job that is equal in status but different from the exact one previously held. Interestingly, the law also treats location as an aspect of status, meaning that they cannot unreasonably offer the "same position" but in a different location.

USERRA also protects returning service members from being fired upon their return from active duty. If the active duty service is less than 31 days, there is no specific protection. But if the service was more than 31 days but less than 180 days, you are protected for 180 days against arbitrary dismissal except for just cause. If the service extends beyond 180 days (up to the five year limit), the law protects you for one year against unreasonable dismissal.

The Veterans' Employment and Training Service in the U.S. Department of Labor, which oversees and investigates complaints and violations, handle enforcement of USERRA. A list of agents who can initiate and investigation can be found on the agency's Web site at www.dol.gov/dol.vets.

Additionally, an organization within the Department of Defense called the National Committee for Employer Support of the Guard and Reserve (www.esgr.org or 1-800-336-4590) works with employers and Reservists to both resolve disputes and promote a stronger relationship between employers and the military.

Captain Wright has published numerous articles on the subject of employment rights which can be found on the Web site of the Reserve Officers Association, www.roa.org.

After hearing Capt. Wright's presentation, everyone agreed it gave them a clearer understanding of their rights.

Jennifer Perkins, a non-prior service enlistee from Willington, Del., said she knew her civilian employer had to legally allow her to serve but was pleasantly surprised to hear Wright describe all of the available rights. "Knowing about these rights makes it more likely for people to serve and that their job will be there when they get back," she said.

Lt. Cmdr Mike Christman, a helicopter pilot who served 10 years on active duty and three in the Reserves, believes that after the attacks of last September 11, many more people will want to serve. Knowing they can do so and keep their civilian job makes it easier. "You can satisfy your patriotic duty and be assured you have your job when it is over," he said.

For more news about the Naval Reserve Force, visit their custom Navy NewsStand page at www.news.navy.mil/local/nrf.

